

HAHA QUARTERLY

HARNESSING THE POWER OF HORSES TO TRANSFORM THE HUMAN SPIRIT

WHAT GREATER GIFT THAN TO TEACH

BY CHRIS MORAN, DIRECTOR

Many years ago, I had the opportunity to teach for 3 years at Washburn University as an Adjunct Professor. This experience was both challenging and exciting. Those who know me, know I have a propensity to speak long and often about topics I feel passionate about. Over the years in my office work, I also frequently provided clinical supervision to students enrolled in a practicum placement or therapist's needing supervision for their clinical licensure.

In 2014 the Hope and Healing Academy became an official 501c3. Soon afterwards, I was



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reminded of the words of a personal mentor who said, "What greater gift, then to teach." The obvious solution was right in front of my eyes—I could create a therapeutic learning environment for local university students who wanted a practicum placement that was unique, challenging, and intensely clinical. As a result, HAHA began providing college practicum placements each semester for Washburn University Social Work students. Practicum students have had the opportunity to explore the power of the human and animal bond and its direct effects on

(cont.) healing the mind, body, and spirit.

During the intense two-semester placement, students are exposed to the clinical modalities of cognitive behavioral therapy and dialectical behavior therapy (DBT). Although these approaches have a similar emphasis on changing one's thinking to affect one's behavior, DBT adds the benefits of learning to be mindful of intentions and how one's actions impact those who share our space. The benefit of working with a horse partner provides the student immediate feedback on how a person's mindfulness, thoughts, and behaviors can positively or negatively impact that person's sense of confidence, self-regulation, and the energy of those around them. Students can see the mission of HAHA come true--that we harness the power of horses to transform the human spirit.

During the 2018-19 school year, HAHA will once again host a Washburn master's student, as well as a master's student from the University of Belgium. We are excited to continue our work with students and especially to reach across the Atlantic to bring our unique and power program to an international level.

WELCOME BUDDY



Buddy is a 7-year-old Appaloosa gelding. He is a left-brain introvert, which means he is clever, low energy, and needs an assertive leader. He loves to make new friends and needs a lot of love, trust, and connection. Buddy has been with his owner, Marley Dinwiddie, since he was born, but has only recently come to HAHA to start work as a therapy horse. As his name implies, he will be your buddy!

WELCOME OLLIE

Ollie is a 19-year-old quarter horse. He is a right-brain introvert, which means he is a little bit shy and he seeks comfort. He needs a confident leader who will be patient and gentle with him. His owner is Tanner Thornburgh, and Ollie joined the program in the beginning of the year. He is a sweet boy who is already working well with a variety of clients.





WELCOME KATHI HACHMEISTER, MSW, LSCSW

We're excited to welcome Kathi Hachmeister to the HAHA therapy team (pictured left). She has been providing psychotherapy services to all ages for the past 32 years. Kathi has experience working with individuals, couples & families. She specializes in trauma, depression & anxiety disorders.

Kathi enjoys combining her love of horses & enjoyment of working with people by providing equine therapy services at HAHA.

Kathi's horse, Spirit (pictured above), also works in the HAHA program helping others to heal.

WELCOME BRENDA MURROW, PHD

We'd also like to welcome Dr. Murrow to the HAHA therapy team (pictured right). She has expertise in supporting adults, children, and families with symptoms that affect their ability to thrive at home, work, or school.

Her clinical training experiences span an array of environments, and include a focus on children's treatment with play therapy and psychoanalytic interventions for emotional disturbances. Dr. Murrow's professional experience also includes equine-assisted therapy and animal-assisted work with therapy dogs. She also owns three horses and is learning Parelli natural horsemanship.





VOLUNTEER SPOTLIGHT: SHANNON FORST

How long have you been volunteering with HAHA?

I have been volunteering for almost 3 years.

How did you first hear about HAHA?

I first heard about HAHA when my dad was doing some drywall work for Chris and Kim. My mom and I tagged along because my mom was friends with Kim from work and I knew them well also. My mom mentioned something about volunteering and they explained what they were doing and I came out for training and have been loving it ever since.

What is your favorite part of volunteering?

My favorite part of volunteering is the people. Not only the staff and other volunteers but the clients as well. It's so great to see how someone progresses and to be a part of helping them get better.

UPCOMING DATES

TOPEKA GIVES
JUNE 5, 2018

UPCOMING BARN BREAKS
JULY 2-8
AUG 27-SEPT 2

What would you tell someone who is thinking about volunteering?

I would tell them that even if you don't have horse experience you can learn, what's important is that you love the horses and people as individuals.

What do you like to do in your spare time?

In my spare time I love to either help out at the barn anyway I can or if I can't go there I love to read.



DON'T FORGET!

When you're at the barn, help us reduce plastic waste by reusing and recycling cans & plastic. Come to sessions with your own water bottle, bug spray, and sunscreen!

